

ELLINGTON TOWN CRIER

A SENIOR CENTER NEWSLETTER

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TELEPHONE
870-3133

March 2005

Ellington Senior Center
16 Church Street

Monday: 8:30 am to 6:00 pm
Tues-Thurs: 8:30 am to 4:00 pm
Friday: 8:30 am to 1:30 pm

Greetings,

What do you think about our new format for the newsletter? One of the reasons for this change is to access the Ellington Town Crier through the Town's website: www.ellington-ct.gov. Click "Our Town News", select "Newsletter" (blue column), select "Senior Center March 2005".

When we receive cards and correspondences they are displayed at sign-in counter for all to see.

The expansion of the Center now allows us more flexibility with programs. You will find (2) beautifully drawn emergency exit plans located in the Senior Center.

As a reminder, we have a variety of programs going on, therefore, first come, first served...sign-up fast!! All programs are held at the Senior Center, unless otherwise specified.

Happy St. Patrick's Day!
Happy Easter!

Blessings to all...

Sincerely,

Erin R. Graziani



OUT TO LUNCH:

Date: March 1, 2005

Time: Noon

Place: Ellington Pizza

VOLUNTEERS INFO.

Regular Meeting Dates:

May 25 @ 10:30

Aug. 24 @ 10:30

****Variety Show****

Sub-committee dates posted at the Senior Center by Erin.



St. Patrick's Day Luncheon

Thursday, March 17
12-3 p.m.

Corned Beef Dinner
Donation \$6.00/person



VAN NEWS: Please sign-up for transportation with the Receptionist, if you wish to take the van.

To reserve a ride, please call (870-3133) at least 2 days in advance. First time riders, must fill out "Intake" form prior to your ride.

Ellington Medical Transportation Services (EMATS)

Transportation services for non-emergency medical appointments for Ellington residents. For reservations call Senior Center Director, Erin Graziani at 870-3133 at least 7 days in advance. Transportation program funded by a grant from North Central Area Agency on Aging.

FRIENDSHIP CLUB-Meeting Dates: Fridays at 10:30 a.m.
April 15, August 12 and December 9. See Noreen for details.

HARVEST MOON REVUE

Show Date: October 15

VARIETY SHOW

Committee Meetings

Senior Center

4:00-5:00p.m.

March 7

April 4

May 2

June 6

Note the Variety Show Director, Bill Prenetta, will be in attendance.

Please come and join in the preparation of this very important Intergenerational show.

Proceeds go into the Senior Center Building Fund.



MEMORIES & CREATIVE WRITING

Meetings take place at the Senior Center on the third Monday of every month unless otherwise specified.

March 21
6:00-7:30 p.m.

Come share and reminisce with us!!
Newcomers always welcome!

PUBLICITY INFO. Please note that the information in this newsletter may be more accurate than the newspapers due to the deadline requirements. All newspaper articles must be sent in advance, therefore, changes could be made after the news article is printed.

HEALTH & WELLNESS NEWS

Blood Pressure Clinics and Diabetic Screening:

⇒ Blood pressures every Tuesday from 1:30-3:00 p.m.

⇒ Diabetic Screenings are taken on the 3rd Tuesday.

Exercise Classes: Join in on the fun every

Wednesday morning at 9:00 a.m. Cost: \$3.00 for

residents; \$4.00 for non-residents. Joanne Britton, instructor.

Tai Chi Sword, 24 and Fan: Every Monday beginning with Sword at 10:45 a.m., followed by 24 and Fan at 11:30 a.m. Cost: \$3.00 for residents; \$4.00 for non-residents. Ed Evans, Instructor.

Dancing:



Line Dancing: Mondays from 1:30-3:00 p.m., volunteer instructors; Dot Willis, Betty and Al Gagne.

Square Dancing: Wednesdays from 1:30-2:30 p.m. Instructor Dave Hawkes

Oberek, Advanced Polka, Waltz and Line Dances: Every Wednesdays from 3:00-4:30 p.m. The A-Team (Amelia and Adam Kurpat) teach these fabulous dances.

Ballroom Dancing: Every Friday at 1:00 p.m. Instructors: Del and Ralene Brigham.

VETERAN'S NEWS:

The American Legion Auxiliary members bring lap robes (size 40x80) to the V. A. Hospital. Anyone who would like to make a robe for the Vets, please contact Erin at the Senior Center. (870-3133)



Veteran Contacts:

VFW- Jim Stemmerman, Commander @ 872-3446

American Legion- Morris Webber, Services Officer @ 875-2613

State Representative Ted C. Graziani @ 240-8531



THE BOOK CLUB



March 15: Light on Snow by Anita Shreve

April 19: Blink: The Power of Thinking without Thinking by Malcolm Gladwell

Meetings are held on the 3rd Tuesday of each month at 11:30 a.m. Van transportation available.



MOVIES OR MALL:

The second Tuesday of every month.



Moviegoers: Redstone Cinemas at Buckland; **March 8**

feature is Coney Island starring Betty Grable. Showtime 1:00 p.m. Cost \$1.00 includes admission, popcorn and soda. Or, if you prefer, shop and browse at the Mall and area. **Van transportation available.**

Musical Insights

Join us on the 2nd and 4th Monday at 6:00 p.m.

for a fascinating program

3/7: Irish Night (details below)

"Celtic Musical Evening"

(Note: March 7 is 1st Monday in March)

3/28: Gilbert & Sullivan Program
presenter, Sylvia Kravitz

CELTIC MUSICAL EVENING

Greg Gregonis & Company will give our annual Irish spectacular of music, storytelling and dancing.

March 7 at 6:00 p.m.

A Musical Insights Presentation.

Sign-up is required. First come first served.

Cost: \$ 2.50/person

Co-sponsored with Ellington Cultural Arts

BETTER AGE SINGERS

We meet each Wednesday
10:30-11:45 A.M.

At the Ellington Senior Center
Please Come!



The Better Age Club:

Meetings held on the 2nd & 4th Thursday at 1:00 p.m.

March 10: Russia, guest speaker, Gary Feldman

March 24: Diane Lazarin Painting

DICK PILLAR'S SPRING FLING

Tuesday, April 19 @ Aqua Turf
10:30 a.m.-3:30 p.m.

Show, Dancing, Dinner

Cost: \$31.00/person.

Sign-up by 3/18



GENEALOGY WORKSHOP

Thursday, April 21 @ 2:30 p.m.

We welcome back, Elaine Clark!!!



CARDS AND GAMES

The Bridge Players: Tuesdays @ 9:15 a.m.; see Pat Szemplinski or Rosemary Malatesta.

Evening Cards:

Setback: Tuesdays (except the 2nd); see Ernie Nelson
Pinochle—2nd Tuesday, every Friday and single deck Pinochle on the 2nd Saturday; See Bob Karlowicz.

Doors open @ 6:30, games@7:00 p.m for Setback & Pinochle.

Games Night: The first Monday of every month @ 6pm; see Joan Randall.

Mahjongg: Come join in the fun! Every Monday @ 3pm and every Friday @ 10:00 a.m., see Sylvia Kravitz.



THE CRAFTY CORNER

Lucille's Knitting: 2nd, 3rd, 4th Tuesday @ 2:00 p.m.

Rose Parent's Sew & So: 1st and 3rd Thursday @ 9:30 a.m.

Carolyn's Crafts: 2nd and 4th Thursday @ 10:00 a.m.

Denise Dupell's Block Style Knitting: To resume in April on every Wednesday.

Prayer Shawl Gathering: any interest, let us know...sign-up sheet available.

Creative Memories Scrapbooking: is coming in April. Interested? Please sign-up.



ELDERLY OUTREACH SERVICES: Contact Anna Turner, Municipal Agent at 870-3131 for information about programs and services. (Medicare, Medicaid, Veterans' Benefits, Tax Relief programs, Housing, etc.)

Trips 2005

A non-refundable \$10.00 deposit is required at sign-up for all trips. If a deposit is not made, you will be placed on the waiting list. A "Medical Waiver" form for 2005 (gold color) is required. Payments will be received on Tuesday and Wednesday from 2:00—3:30 p.m. Parking available at Town Hall for bus pick-up and drop off (at Maple St. entrance). Please be at the pick-up site 15 minutes before departure time posted on each trip. For more information on the trips, call the Senior Center (870-3133).

Irish Rovers at Fox Theatre: Tuesday, March 15; leave 8:15 a.m., return approx. 6:00 p.m. (Trip filled)

The Black Watch at Mullins Center in Amherst, MA: Monday, May 23; Direct from Montreal. Regiment gives outstanding performance. Dine at the Log Cabin. Cost \$55.00. Leave at 10:00 a.m.; return approximately 5:30 p.m.

Belle of Brattleboro: Old Country Store, Putney Inn Luncheon & Connecticut River Cruise
Tuesday, June 21, leave at 8:00 a.m. and return approximately 6:00 p.m. Vermont trip includes lunch, transportation, cruise, tax and gratuity. Cost \$50.00/person

Hukelau Twin Lobster Hawaiian Beach Party: Thursday, July 14; The Travel Group presents this trip that includes Hawaiian Show with luncheon menu: Twin Steamed Lobster or Prime Rib of Beef. Cost: \$59.00/person includes taxes and gratuities. Leave at 10:30 a.m. and return approximately 4:00 p.m.

We're Going to the Dogs: Sunday, August 14; leave at 9:00 a.m. and return approximately 7:00 p.m. Join us on a trip to New Hampshire and Hinsdale Greyhound Park for a Sunday afternoon! Package includes roundtrip motor coach, clubhouse admission, race program, buffet luncheon and drivers' gratuity. Cost \$44.00/person.

Upcoming with more details:

November: Comedian Carl Hurley at Garde Arts Center, New London & Mohegan Sun

****Myrtle Beach Trip** Date and more information forthcoming!!!**